

# Male Empowerment Network

BE THE MAN YOU WERE MEANT TO BE!

THURSDAYS @ 2:30 PM

FREE  
SNACKS &  
COFFEE



SCAN ME

The Male Empowerment Network (M.E.N.) is a Men's Support Group that provides a safe space by promoting trust, openness, fellowship, and collaboration within the group. This group helps men develop a sense of understanding and compassion that they can use in their everyday lives.

This group uses the *8 Dimensions of Wellness Model* to facilitate emotional, spiritual, social, and intellectual growth in the individual.



Join M.E.N. at:  
21625 Great Mills Road  
Lexington Park, MD 20653  
Questions? Call Zuriel "Z"  
at: 301-862-1680



HARM REDUCTION PROGRAM  
ST. MARY'S COUNTY HEALTH DEPARTMENT